

# HIGHLIGHTS OF THE RULES

*The information below will assist you in conducting a local Hershey's Track & Field Games meet.  
This information is taken from the Official Rule Book.*

**1. The only restriction for participation is age. A participant's age is as of December 31, 2010.**

**Born in 2000-2001  
(9 & 10 Year Olds)**

**Born in 1998-1999  
(11 & 12 Year Olds)**

**Born in 1996-1997  
(13 & 14 Year Olds)**

***A participant must compete in his/her age group and sex division.***

2. Participants who take part in Junior Varsity or Varsity Track Programs or are members of a Track Club ARE eligible to participate in the Hershey's Track & Field Games as long as the state/provincial high school athletic governing body does not prohibit participation.
3. Participants may not wear shoes designated for spikes. In field events, any shoes designed for turf sports are not allowed.
4. Participants may not compete in their bare feet, slippers or socks.
5. Participants may not wear jewelry and hair beads or decoration or sunglasses.
6. Starting blocks are not permitted.
7. A participant may compete in only three events (this may be two running events (includes relays) and a field event or two field events and a running event). A participant may not compete in three running events.
8. A participant who is disqualified for unsportsmanlike conduct may not participate further in that meet and will lose any previous earned awards.
9. Times will be recorded to the nearest 100th of a second and distances will be measured in feet and inches to the nearest one quarter inch (except in Canada).
10. In the case of ties for first place, there must be a run off for the running event. In the field events the contestant with the best second throw or jump will be declared the winner.
11. Each running competitor is allowed one false start.
12. All local meet winners must have their age verified at the local level competition.
13. In the relay, the acceleration zone will not be used and aids may not be used.
14. A competitor should be excused from a field event so that he/she may participate in a running event. The individual shall return to the field event immediately following the completion of that running event.
15. **A participant may enter only one local and/or district meet (where applicable) or they will be disqualified.**
16. A participant must participate in the state/province in which he/she resides.
17. Lane and position can be drawn by chance or seeded.
18. Usually the winners at a local meet advance to the district meet in states/provinces where district meets are held.
19. Most local, district (where applicable) and state/provincial meets will be held rain or shine.
20. There must be at least 5 participants from each state/province in each region that qualify for the North American Final Meet. All regional winners will qualify for the North American Final Meet.
21. **Age groups 9-10 and 11-12, 4x100 Relays, will not qualify for the North American Final.**

# Guidelines for Spectators and Participants

1. Unsportsmanlike conduct will disqualify a participant, i.e., disrespect, profanity, throwing a baton.
2. A runner must stay in the lane assigned for the 50 meter, 100 meter, 200 meter, and 400 meter dashes and the 4 x 100 meter relay.
3. It is the participant's responsibility to report to the bullpen area for an event on time. Participant must listen for the announcement of his/her event.
4. Disqualification of a participant is caused by entering too many events, competing in the wrong age group, aiding a participant directly or indirectly (accompanying participant to starting area, running along side participant, or being stationed at points along the track to aid or coach participant), second false start, interference, lane infraction, unsportsmanlike conduct, or participating in more than one local or district event.
5. Lane and position may be drawn randomly or seeded according to guidelines adopted by the Board of Review.
6. In the relay event, the baton must be passed within the exchange zone. No aid may be used on the track. The baton must be handed, not thrown. The runner passing the baton should remain in the lane so as not to interfere with a runner in another lane. Rules relative to fouling, coaching, or impeding a runner apply to relays.
7. A regulation baton must be used. It may not be wrapped with tape.
8. A participant may be excused from a field event to participate in a running event. The individual should return directly to the field event following the running event.
9. No spikes or shoes designed for spikes will be allowed on the track. In field events, any shoes designed for turf surface sports (natural or artificial) are not allowed. The participant's shoes cannot be used to gain an advantage. No athlete will be allowed to compete in bare feet.  
(See Rule 1, Section 3, Article 4)
10. Jewelry, hair beads and decoration, sunglasses (except prescription) shall not be allowed during competition.
11. A participant may enter only one local and/or district meet.
12. The winners at local meets advance to the district meets in states/provinces where district meets are held.
13. Selection to the Regional Team is *not* automatic by winning first place at the state/provincial final. Each state/province is represented by no less than five (5) participants. All regional winners will qualify for the North American Final Meet with the exception of 9-10 and 11-12, 4x100 Relays.